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S.O.S. — 'Save Our Science!'

Local scientists are leaving the lab to decry government muzzling, cuts and general 'erosion' of the sector **PAGE 4**

WINNIPEGGERS LAND AMAZING PLACE — NO. 1

DUO TAKES GRAND PRIZE OF \$250,000 IN FINAL EPISODE OF THE AMAZING RACE **PAGE 3**



A man and woman embrace after reuniting at a gathering point for family members of Navy Yard employees that was set up inside Nationals Park in the wake of a mass shooting Monday in Washington, D.C. Police believe at least one gunman shot and killed at least 12 people and wounded others in an incident that put parts of the city on lockdown. WIN MCNAMEE/GETTY IMAGES

Obama brands mass shooting a 'cowardly act'

Washington, D.C.

Former military man implicated in rampage at naval complex that left 12 innocents dead

navy reservist.

Mayor Vincent Gray said officials had no reason to believe it was an act of terrorism, but the motive remained unclear.

the cafeteria on the first floor. He had an assault rifle, a shotgun and a pistol, police added.

Alexis was investigated in Fort Worth three years ago when he was arrested for

All-too-familiar tragedy

"We are confronting yet another mass shooting.... We will do everything in our power to make sure whoever carried out this cowardly act is held responsible."

U.S. President Barack Obama, in remarks from the White House, in which he pointed out the regularity with which such shootings afflict the nation

The U.S. capital became the latest American city to grapple with familiar scenes of chaos and bloodshed Monday when a former military man opened fire at the city's Navy Yard, killing 12 people.

While one gunman was also shot dead, police said there was one other potential perpetrator still at large, an armed man dressed in military garb. A third man, also clad in a military-style outfit, was cleared as a suspect.

The dead shooter was identified as a 34-year-old Texas man, Aaron Alexis, a former

Initial reports suggested the now-dead shooter entered the complex with stolen ID, fatally shot a security guard and was targeting specific people.

Eyewitnesses said the gunman situated himself at a fourth-floor overlook and was shooting down at people at

shooting a hole through the ceiling of his home and into a neighbour's apartment.

He was also investigated for shooting out the tires of another man's car in Seattle in 2004. His father told police his son suffered from post-traumatic stress disorder.

THE CANADIAN PRESS

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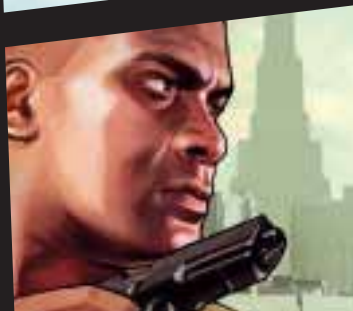
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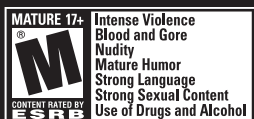
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Hometown heroes

Winnipeg duo win 'Amazing Race Canada' in upset



Tim Hague Sr. and Tim Hague Jr.
COURTESY CTV

The only team from Winnipeg pulled off a major upset to win the grand prize on *Amazing Race Canada* Monday night.

Tim Hague Sr. and Tim Hague Jr. walked away with a \$250,000 prize after beating two other teams in the final episode. The pair told Metro Winnipeg earlier this year they were proud to represent the river city.

"We are very proud to represent the city on a national stage. (Winnipeg just doesn't) get the credit we deserve," said Tim Sr., a 48-year-old registered nurse.

One of the compelling aspects to the duo's story is that Tim Sr. has Parkinson's disease.

"We're typically seen as having an old man's disease but there are tons of people diagnosed under the age of 50," said Tim Sr.

"The big message that I want to get across is: Don't give up. Parkinson's can be pushed back. There's only one thing that science is showing likely has any real impact on that, and that's exercise."

Winnipeg mayor Sam Katz sent out a statement congratulating the pair before the final episode.

METRO, WITH FILES FROM
GRAEME COLEMAN



A soaring history lesson at the MTS Centre

Glenn Frey and the Eagles took it to the limit in front of 11,500 fans at the MTS Centre Monday night. The American rock legends soared into the city on their *History of the Eagles Live in Concert* tour, which included pre-recorded video clips of the band reminiscing about their four-decade-long career between tunes. SHANE GIBSON/METRO

Councillor says bylaw tells confusing 'storey'

Osborne Village. Jenny Gerbasi says mezzanines an ongoing issue for developers and residents



BERNICE
PONTANILLA
bernice.pontanilla@metronews.ca

The councillor representing Osborne Village is taking aim at developers potentially skirting a city bylaw by adding mezzanines to their buildings.

Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry) said her motion, which calls for the public service to review its definition of "storey" and "mezzanine" in the Winnipeg Zoning Bylaw and review the way height is regulated in the Osborne Village Neighbourhood plan, is meant to provide "clarity."

"In the Osborne Village plan, a lot of different parts of the neighbourhood will say this area can go four storeys, this is five storeys, this is duplexes, this is single-family,

it'll say what it can be," she said.

"But five storeys, how do you interpret a storey? And some developers have been using mezzanines, which, depending on how they're constructed, the intention is to have what appears to be a five-storey building in terms of scale and, depending on how high a storey is and what they do with mezzanines, it can look like seven storeys.

"So we just want to make sure we've tightened up the bylaw."

Gerbasi said the issue has increasingly come up at the community committee level, and has caused much confusion for developers and residents.

"The idea is to get some clarity on that so it's reflecting the intent of the plan," she said, adding the bylaw talks about height and scale.

Gerbasi's motion passed at the Sept. 10 City Centre community committee meeting and will now head to the property and development committee.

1 NEWS

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Transcona. Car and cash stolen during a brazen Winnipeg carjacking

Winnipeg police are looking for a stolen car and two people after a 33-year-old man was forced to withdraw cash and fork it over during a carjacking in Transcona early Sunday, cops say.

The victim was driving a blue 2012 Mazda3 GS westbound on Kildare Avenue around 3:30 a.m. when a male suspect jumped in front of the car near Winona Street and a second male suspect hopped into the car through the back door.

The first suspect then forced the driver into the passenger seat and sped off, telling the victim they were armed with a gun. After touring around south Winnipeg, the suspects drove to a bank in the 1100 block of Pembina and forced the victim to take out cash.

The victim fled the car and got into a passing vehicle after handing over the money.

The first suspect is aborig-



Winnipeg police are looking for this stolen 2012 Mazda3 GS with Manitoba plates GTX 310. METRO

inal, between 26 and 30 years old, roughly five foot ten with a heavy build, a shaved head and numerous tattoos on both arms. He was wearing a baseball hat, T-shirt and sandals.

The second suspect is aboriginal, between 26 and 30 years old, roughly six foot two with a skinny build and short black hair. He was wearing a black T-shirt, a sweater and dark pants. Police are still looking for the stolen car with Manitoba plates GTX 310. METRO

Capitalizing 'on the fever.' Stylish design festival set to launch in Winnipeg

Architecture, design, planning and art will take centre stage this week as the Winnipeg Design Festival once again sets out to connect the general public with industry insiders.

Organizers have packed 20 free and open events into the annual five-day festival, which runs from Sept. 18 to 22 at various venues around the city.

"It's a way to celebrate and promote contemporary

design," said local architect and festival co-curator Melissa McAllister, telling Metro the event was started three years ago after new buildings began popping up around Winnipeg.

"We wanted to capitalize on the fever that was happening ... and bring people together to talk about what that means for the city."

For a complete list of events go to winnipeg-designfestival.net.

SHANE GIBSON/METRO

Local scientists protest Harper government

'Things are really bad.' Manitoba is being hit hard, says aquatic ecologist



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

Retired and working scientists, students and supporters issued an SOS — "save our science" — call from the University of Winnipeg on Monday.

About 100 people attended a rally meant to protest the Stephen Harper government's cutbacks to and cancellations of several scientific programs and the "erosion of science in Canada," said aquatic ecologist and Winnipegger Diane Orihel.

"Scientists are generally apolitical and non-partisan and don't really get involved in these types of demonstrations, so for scientists to actually step out of their labs and classrooms and away from their science to be a voice for science, what it tells us is things are really bad," said Orihel, who has led the defence of the Experimental Lakes Area just over the Manitoba border in Ontario.

Retired biologist Ian Davies, who also lives in Winnipeg, said the federal government's policy of not allowing Canadian scientists to discuss their own research findings is having a detrimental effect in other countries.

"What is concerning is that they are being muzzled, they are told by every department that you do not discuss your findings with the public, you



Aquatic ecologist Diane Orihel addresses about 100 people who gathered for a rally at the University of Winnipeg to protest the Stephen Harper government's "erosion of science in Canada." BERNICE PONTANILLA/METRO

Quoted

The top 10 'hits' to science in Manitoba and Canada, according to rally organizers:

- 1. Cancellation of the Department of Fisheries & Ocean's Aquatic Contaminants Research Program
- 2. Cuts to Parks Canada
- 3. Cutbacks to StatsCan
- 4. Closure of the National Research Council's Institute for Biodiagnostics
- 5. Cuts to Libraries and Archives Canada
- 6. Muzzling of government scientists
- 7. Closure of the Cereal Research Centre at the

University of Manitoba

- 8. Cuts to funding of basic science
- 9. Downsizing of the Canadian Food Inspection Agency
- 10. Closure of the Experimental Lakes Area

have to have permission before you give any of your findings at a conference," he said.

"Even scientists who are working jointly, say Canadian and American scientists working together, the American

scientists are asked to sign non-disclosure agreements where they have to have approval from the Canadian government before they can talk about their American findings. "That is disgusting."

On the web

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Quebec's Charter of Values is doomed, Harper predicts

Controversial proposal.

PM notes that despite PQ's efforts, proposed ban on religious garb has less than stellar support within province

Prime Minister Stephen Harper has predicted that the Parti Quebecois' controversial values charter will fail because of opposition within Quebec.

Harper made his first remarks since the Quebec government released a plan last week that would bar people with religious headwear from working in the public service.

Harper was asked Monday about the controversial proposal, following the release of a poll on the subject.

"I do not see the charter in its current form going anywhere," Harper said. "I think the common sense of Quebecers will force this towards a reasonable conclusion."

Despite the PQ's efforts to turn the debate into a Quebec-versus-Canada squabble, Harper noted that the support is also less than stellar within



The Harper government has promised to intervene legally if it determines the PQ's values charter violates fundamental rights. JONATHAN HAYWARD/THE CANADIAN PRESS

Quebec.

Harper pointed out that none of the other three parties in the Quebec legislature supports the plan in its current form. He was speaking after the release of a poll that

suggested a split in public opinion — although the response specifically from francophones was 49 per cent support for the PQ plan, 34 per cent opposed and 17 per cent refusing to answer. That finding suggests a

notable shift from similar polls before the plan was formally introduced, when a crushing majority had expressed support for a charter like the one the PQ proposed.

THE CANADIAN PRESS

\$1 million. RCMP kept quiet on long-gun costs with info in hand

The RCMP repeatedly stonewalled media inquiries for months about the price tag for destroying the federal long-gun registry data, even though the force had a full cost estimate in hand.

The Mounties had a detailed breakdown more than a year ago that showed fulfilling the Conservative promise to kill the registry would cost about \$1 million.

A presentation laying out

the plan and its costs was provided under an Access to Information request following an 11-month delay.

In the meantime, RCMP officials refused to answer questions about whether any such costing had been done, saying only that any spending related to the registry's destruction would come out of the force's own budget.

NDP justice critic Francoise Boivin says the RCMP's

handling of the file calls into question whether its communications can be trusted on bigger issues - including the current Senate investigation of improper expense claims.

"They should have volunteered this (information) showing how much it cost. Instead, by stonewalling they make us think the worst," Boivin said in an interview.

There seems to be "some type of unwritten law of silence" across the Harper government, but secrecy on routine matters by the Mounties is particularly damaging, Boivin said.

"It's sad when it comes from an agency like the RCMP that is there to uphold the law. They're supposed to be leaders in this society on how to behave well," she said. THE CANADIAN PRESS

Sexist tweets

Three firefighters turn fired-fighters

Three Toronto firefighters have lost their jobs over inappropriate comments made on social media.

Toronto Fire Chief Jim Sales says the firings are the result of an internal investigation launched after a media report in August said two firefighters posted

sexist messages on Twitter.

Sales says those two firefighters along with a third have now been let go after the probe discovered "significant findings" of inappropriate social media use and public comments that ran afoul of city policies.

A spokesman for the Toronto Professional Fire Fighters' Association had suggested the tweets were referencing quotes from a TV show. THE CANADIAN PRESS

320 km, \$30,000

GM working on electric car that goes farther for less

As automakers race to make cheaper electric cars with greater battery range, General Motors is working on one that can go 320 kilometres per charge at a cost of about \$30,000, a top company executive said.

Vice-President of Global Product Development Doug Parks wouldn't say when or if such a car will be built.

Currently GM sells the \$35,000 Chevrolet Volt plug-in hybrid, which can go 61 kilometres on electricity before a gas-powered generator kicks in. It also offers the all-electric Chevy Spark subcompact that can go 132 kilometres on a charge. It starts at \$26,685.

THE ASSOCIATED PRESS

Transit Tuesday



Weekly Transit News Update

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UN: 'Convincing evidence' of chemical attack in Syria

Inspection. Still not clear who's to blame as war crimes panel says they're investigating 14 suspected attacks

Careful not to blame either side for a deadly chemical weapon attack, UN inspectors reported Monday that rockets loaded with the nerve agent sarin had been fired from an area where Syria's military has bases, but said the evidence could have been manipulated in the rebel-controlled stricken neighbourhoods.

The U.S., Britain and France jumped on evidence in the report — especially the type of rockets, the composition of the sarin agent and trajectory of the missiles — to declare that President Bashar Assad's government was responsible.

Russia, Syria's closest ally, called the investigators' find-



UN Secretary-General Ban Ki-moon
THE ASSOCIATED PRESS

ings "deeply disturbing," but said it was too early to draw conclusions. The Syrian government's claims that opposition forces were responsible for the attack "cannot be simply shrugged off," Russian Ambassador Vitaly Churkin insisted.

The conclusions represented the first official confirmation by impartial scientific experts that chemical weapons were used in Syria's civil war,

Turkey

Syrian copter shot down

A Turkish fighter jet shot down a Syrian military helicopter on Monday after it entered Turkish airspace and ignored repeated warnings, an official said. The helicopter strayed two kilometres into Turkish airspace, but crashed in Syria.

but the inspectors' limited mandate barred them from identifying who was responsible for the Aug. 21 attack.

"This is a war crime," UN Secretary-General Ban Ki-moon told the Security Council. "The results are overwhelming and indisputable. The facts speak for themselves."

Ban called it "the worst use of weapons of mass destruction in the 21st century."

The deep division between Western backers of rebels seeking to overthrow Assad and Russian and Chinese supporters of the regime has paralyzed the UN Security Council since the Syrian conflict began two and a half years ago.

Even though the United States and Russia agreed Saturday on the framework to put Syria's chemical weapons stockpile and precursors under international control for future destruction, their top diplomats were at odds Monday over a new Security Council resolution that would make the deal legally binding — and whether there should be a reference to possible military enforcement if Syria doesn't comply.

In Geneva, the chairman of a UN war crimes panel said it is investigating 14 suspected chemical attacks in Syria, dramatically escalating the stakes. Paulo Sergio Pinheiro said the panel had not pinpointed the chemical used or who is responsible. **THE ASSOCIATED PRESS**

Mexico. At least 34 dead after two different storms cause flooding, landslides

The remnants of Hurricane Ingrid and Tropical Storm Manuel drenched Mexico's Gulf and Pacific coasts with more torrential rains Monday, flooding towns and cities, cutting highways and setting off landslides in a national emergency that federal authorities said had caused at least 34 deaths.

The Mexican government said the country had not seen a similar weather crisis since 1958, when the country was simultaneously hit by two tropical storms on separate coasts.

The governor of the Gulf Coast state of Veracruz announced that 12 people died when a landslide smashed into a bus travelling through the town of Altotonga, about 40 miles northwest of the state capital. Gov. Javier Duarte said the death toll could grow as bodies were recovered.

More than 23,000 people fled their homes in the state due to heavy rains spawned by Ingrid, and 9,000 went to emergency shelters.

THE ASSOCIATED PRESS



Floodwaters rage after the Huacapa River overflowed due to heavy rains caused by Tropical Storm Manuel in Mexico. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS

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Bombardier's CSeries jet has inaugural flight

Test run. Narrow-body plane's 'game-changer' engine is touted as quieter, fuel-efficient

Bombardier's CSeries aircraft completed its maiden flight Monday, in a successful test run of a new narrow-body air- plane design that promises to support Canada's aerospace sector while challenging the dominance of the industry's two giants.

Nearly 3,000 employees, suppliers and invited guests cheered as the gleaming CS100 plane quietly lifted off the runway at Mirabel airport north of Montreal. It landed about 2 1/2 hours later after flying across the Lower Laurentians and conducting a fly past.

The company's test pilot left the airplane waving and lauding the aircraft's performance. "It flew very well," said Chuck Ellis.

"It's a bit of a cliché but it really did fly pretty much like our predictions, like the simulators, the models that we have," he said later during a news conference.

Mike Arcamone, president of Bombardier commercial aviation, said the flight will help to convince potential customers of the aircraft's value. The company faces determined competition from industry giants Airbus and Boeing that are putting new engines on their popular planes to preserve their market



Bombardier CEO Pierre Beaudoin, right, with commercial aircraft chief Mike Arcamone after the CS100 test flight on Monday. THE CANADIAN PRESS

Canadian-designed

- Bombardier aerospace president Guy Hachey said the CSeries is the world's first new narrow-body design in 27 years. It's also the first major Canadian-designed aircraft since the Avro Arrow.

share. Embraer is also updating its E2 family of jets.

"I think it will get even more competitive as people have seen across the world that there is an aircraft and it's an aircraft that is fulfilling its mission which is to be a game-changer in terms of the engine," he told

reporters. The Pratt & Whitney engine promises to be quieter and help it to deliver fuel cost savings.

Earlier, senior company executives hugged after the aircraft successfully took off, nearly a decade after it was first introduced and following several delays over nearly nine months.

Company chairman Laurent Beaudoin and his son Pierre, the president and chief executive, said they were very pleased with the inaugural flight.

"It's very important for us and the aerospace industry," the elder Beaudoin said in an interview in between hugs of congratulations and photos with employees.

THE CANADIAN PRESS

Wireless

Bell cuts price of U.S. roaming

Bell Canada says its mobile customers travelling in the United States will be able to pay lower fees for their U.S. roaming packages starting Tuesday.

The Montreal-based company, which is one of Canada's three largest providers of mobile communications services, said it's making the change in response to consumer feedback over the summer.

Bell said Monday its 30-day U.S. travel bundle, which formerly cost \$50, will be reduced to \$25, for a specified amount of call minutes, texting, Internet usage and other data.

Its add-on package for heavy users will be priced at \$20, down from \$40.

THE CANADIAN PRESS

Market Minute

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TSX
12,816.88 (+93.48)

OIL
\$106.59 US (-\$1.62)

GOLD
\$1,317.80 US (+\$9.20)

Natural gas: \$3.74 US (+6¢)
Dow Jones: 15,494.78 (+118.72)

Ads. Canadians bored of hearing about economic action plan, survey finds

Canadians tuned out another series of slick, taxpayer-funded Economic Action Plan ads that filled the airwaves in the spring, a new survey suggests.

Radio and TV spots appeared in late March to coincide with the release of the 2013 federal budget, but an internal poll of 2,009 adults indicates the action plan brand remains tarnished.

The Harris-Decima survey found 38 per cent were happy with the Conservative government's performance, the lowest level among the 10 such polls conducted since April 2009, when the first wave of action plan ads was released.

The number of people who did something as a result of seeing the ads registered at seven per cent, little changed from the six per cent for the winter ad campaign. The levels are sharply down from a peak of 25

Pricey campaign

\$100M

The Harper government has spent well in excess of \$100 million on Economic Action Plan promotion over the last four years.

per cent in 2009, when a popular home-renovation tax credit caught the attention of homeowners across the country.

The Finance Department's key yardstick for measuring success is to count how many viewers and listeners visited actionplan.gc.ca, the web portal that's promoted at the end of the 30-second ads. Harris-Decima found six people who did so, double the number from its winter polling.

No one called the toll-free number also listed in the latest ads, which ran from March 21 to April 4. THE CANADIAN PRESS



The home page for the website of Canada's Economic Action Plan is shown in a screen grab from 2011. THE CANADIAN PRESS

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Copyrighting a polar bear

In this 2007 photo, Knut, the polar bear cub, has his first public appearance in the Berlin Zoo. On Monday, a European court upheld the zoo's copyright claim against a British firm that sought to market products under the name "Knut — Der Eisbaer," which is German for "Knut — The Polar Bear." The court ruled that British company Knut IP Management Ltd.'s product-line name too closely resembled the Berlin Zoo's earlier trademarked brand Knud, and could confuse consumers looking to purchase merchandise related to the zoo's most famous animal. Knut was hand-raised after his mother rejected him. He rose to stardom in 2007 as a cuddly cub, appearing on magazine covers, in a film and on mountains of merchandise. He died in 2011 after suffering from encephalitis. THE ASSOCIATED PRESS FILE

Cape Canaveral, Fla.

Cargo ship makes debut run to ISS

A Virginia company makes its debut this week as a space station delivery service, and the lone American aboard the orbiting lab is counting on a fresh stash of chocolate. NASA astronaut Karen Nyberg said she can't wait for this weekend's arrival of a new cargo ship named Cygnus. It will be the first shipment by Orbital Sciences Corp. to the International Space Station.

THE ASSOCIATED PRESS

Tehran

Iran could send cat into space

Iran's hunt for its next animal astronaut may turn to the distinctive and locally named Persian cat, an official said Monday, in another possible step by the country's ambitious aerospace program that has also raised Western concerns about spillover military applications.

THE ASSOCIATED PRESS

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FALL FASHION ON A SHOESTRING

I'm not a fashion writer; I don't know how to theorize about textures or what makes one designer more important than another. But I do take a recreational interest in the clothes I put on my body.

Since I recently bought a new home I now have a mortgage, which in turn means I no longer have a clothing budget. Rather than investing in new designer wares for the season, I've been watching various international fashion weeks unfold through the eyes of stylish Instagram users and taking notes on how to wear my existing clothes in new ways.

And so, inspired by the world of impossibly high-heeled fashion bloggers, here are a few easy wardrobe tweaks to help you look as if you're strutting between runway shows rather than dashing from the office to your local Tim Hortons.

Sleeves are so passé. It's getting cold out there, but if you're still putting your jacket on properly then you're doing it wrong.



SHE SAYS
Jessica Napier
metronews.ca

Rather than slipping into your sleeves, adopt the style de rigueur and casually drape your outerwear over your shoulders instead. A slung-jacket will guard you from the cold (kind of) but is incredibly difficult to maintain unless you keep your elbows glued to your rib cage. To prevent your coat-as-cape from slumping to the ground, remember that this sophisticated look is best worn while standing perfectly still and away from any crowds or strong gusts of wind. Caution: this style is not compatible with purses, cell phone use, public transit or any sort of arm movement.

Hot to crop. Crop tops made a valiant return this summer and the trend is sticking around for fall with a few additional layers to offset the chill brought on by a bare midriff. But there's no need to spend \$50 on a half a shirt when you can take a DIY approach instead. If you've got a pair of scissors, then you've got yourself a closet full of crop tops.

All white everything. Head-to-toe white is officially a thing now which means you don't have to stow away half your wardrobe once Labour Day has come and gone. Technically, winter white should be more of a creamy shade, but budget conscious individuals can simply repurpose their existing white jeans by trading boat shoes for boots. Keep in mind, there is a definite expiry date on any monochromatic white ensemble. Pale bottoms should be retired for the season once the snow begins to fall unless you fancy a grey slush splatter print creeping up the back of your legs.

Cap it all off. Every good Canadian owns at least one toque and finally the rest of the world is catching up with us. Now that these effortlessly cool knits have made the leap from skating rinks to street style, it's time to dig through that collection of slouchy caps hiding at the back of your closet. Not only are colourful toques a playful way to update your outfit, you'll also get bonus points for actually being practical in colder temperatures. Fashion and function together at last.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Shipwreck wrested from reef



MARCO SECCHI/GETTY IMAGES

Parbuckling begins on Costa Concordia

The parbuckling project to raise the stricken Costa Concordia continued Monday in Isola del Giglio, Italy. Efforts are underway to right the vessel, which sank on Jan. 12, 2012.

If the operation is successful, it will then be towed away and scrapped.

GETTY IMAGES

Captain on trial

- The Concordia's captain is on trial on the mainland for alleged manslaughter, causing a shipwreck and abandoning the ship during the chaotic and delayed evacuation. Capt. Francesco Schettino claims the reef wasn't on the nautical charts for the liner's cruise.

Submerged side damaged by sea

Images transmitted by robotic diving vehicles indicated that the submerged side of the cruise ship's hull had suffered "great deformation" from all its time on the granite seabed, battered by waves and compressed under the weight of the ship's 115,000 tons, engineer Sergio Giroto said.

THE ASSOCIATED PRESS

Largest vessel to undergo manoeuvre

The operation, known in nautical parlance as parbuckling, was used on the USS Oklahoma in 1943 after the Japanese attack on Pearl Harbor. But this 300-metre vessel is the largest cruise ship ever to capsized and subsequently require the complex rotation. THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Finally, hashtag haters, you've been heard. From journalists to marketers, hashtag abusers wreaking havoc on social media are being hushed and over-hashtagging is slowly coming to a halt. But Rome wasn't built in a day, and ridding the information superhighway of gratuitous tags takes time. Here's hoping we can hurry the process just a little. Presenting, the hashtag hall of shame.

#Yum #Mmmm:

I'm sorry to tell you, but pretty much no one cares what you're eating. Even if you use a filter and it looks like a Rachel Ray creation.

#SorryNotSorry:

Obviously you're not sorry, so why bother with the apologetic tease?

#FirstWorldProblems:

Complaining about Timmies' cup design just makes you sound ignorant to actual injustices around the world.

#yolo:

Just don't. Seriously. Don't.



ISTOCK

Twitter

@metropicks asked: Giant jellyfish swarm Japan's coast as numbers rise. If there were a film, what would be the title?

@8zenuf4me: They must be jelly, because clams don't shake like that.

@LegendaryAres: Got Jelly?

@mubnii: "I don't think you're ready for this Jelly"

@Ducks_own: The Art of Man-of-War.

@DonaldTietz: don't worry the radiation will kill them or make them grow to the size of a house.

@Canucklehead_ca: Jellraiser IV: The Jellyfish Take Japan.

@Stephycool16: Japan's Giant Jellyfish problem

@DariaTuhtar: Jellyfishnado.

@8zenuf4me: Global swarming of jellyfish: Do they come in lime flavor?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca



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DVD reviews

**Iron Man 3****Director.** Shane Black**Stars.** Robert Downey Jr., Gwyneth Paltrow, Don Cheadle

Robert Downey Jr.'s brainiac billionaire Tony Stark calls himself a "piping hot mess," which also describes this third Iron Man saga: a smoking heap of chuckles and knuckles, set to the ring of Jingle Bells and the clang of iron suits and war machines. Stark suffers anxious flashbacks of last year's *The Avengers* tussle while at the same time cockily during this year's super villain, a terrorist called the Mandarin (Ben Kingsley), to bring it on, GWB style.

The taunt brings fire to Stark's Malibu pad, but *Iron Man 3* actually begins on New Year's Eve 1999, as Stark meets two players who will later demonstrate what "karma" means: sexy botanist Maya Hansen (Rebecca Hall) and frantic nerd Aldrich Killian (Guy Pearce). Jump to 2013 and Stark is dealing with as many challenges and threats as writer/director Shane Black (and co-writer Drew Pearce) can stuff into their Plot-a-Matic machine, which includes a fly-apart Iron Man outfit that acts as visual shorthand for Tony's fractured psyche.

He's as arrogant as ever, but strangely reluctant to suit up, even after the Mandarin hits hard.

We need to remind ourselves that this is a comic book movie, where logic stops for popcorn. On this basis, *Iron Man 3* offers a few twisted pleasures.

The bountiful extras include deleted and extended scenes, a commentary by Black and Pearce, a gag reel and several making-of featurettes.

PETER HOWELL

Ross Mathews got a boost from Chelsea Handler, who is executive producing his new talk show, *Hello Ross*. THE ASSOCIATED PRESS

Living a superfan's dream

Hello Ross. When it comes to celebrity obsession, Ross Mathews is king — and he's got his own show to prove it

With his high-pitch voice, infectious giggle and encyclopedic knowledge of pop culture and entertainment, TV personality Ross Mathews has broken into the in-crowd of Hollywood.

After starting out as Ross the Intern on *The Tonight Show*, he now counts Gwyneth Paltrow and comedian Chelsea Handler as friends.

Handler is also his boss.

She frequently uses him on her round table of commentators on E!'s *Chelsea Lately*. Now she's executive producing Mathews' own talk show called *Hello Ross*, airing Fridays on E!

"This really is the show that I always wish existed as a superfan myself," the 33-year-old said in a recent interview.

Hello Ross is different from *Chelsea Lately*. Handler's show specializes in snark, taking swipes at the latest celebrity gossip. Her interviews tend to knock stars down a few pegs, but Mathews is looking to build them back up on *Hello Ross*. It's an interactive experience where he both conducts interviews and also helps connect fans with their favourite entertainers.

Celebrities can be tough interviews because they're so rehearsed. And here you come and you're so happy and excited. Has that helped or hurt you?

Being a superfan in a town where a lot of times these interviews are mapped out with talking points, I think it's worked in my favour in terms of you catch people off guard with the energy and the knowledge that I have. It's led to some spontaneous moments.

You love celebrities but you've become one in your own right. What's that like?

I get to go into the parties and I pretend like I'm not freaking out and then I get into my car and I scream and I call my

mom and say, "O-M-G, guess who was at the party and guess what they ate and how many chicken fingers they had?" Because I was counting.

You grew up in a small town, Mount Vernon, Wash., loving showbiz from afar. Did people then think you were destined for fame?

Growing up, you know, wanting to do this and being what I am, which is like this cartoon version of like a gay person with a big voice and a high pitch, there were a lot of people who told me, "It's probably not gonna happen for you. Broadcasting? It's probably not the way you should go." I'm lucky.

THE ASSOCIATED PRESS

Kelly Rowland. The X-Factor judge is looking for passion, not a pretty face

Kelly Rowland has been through the highs and lows of the music industry, with its refusals and disappointments. Being signed, being dropped, being signed, then being placed on a shelf, as she puts it. Today she sits as one of four judges in the third season of the U.S. version of *The X-Factor*, and she's happy to share what she's learned with contestants this season.

"Coming up in the music industry I ran into people who

had some harsh things to say, but I grew more from people who actually were constructive and gave details about how I can grow," she says. "I paid attention to those people and wanted to apply that to the way I'm a judge, because it's about seeing people grow and be better and become something wonderful."

"I think, above anything, people love to see passion, and I think that when it comes to performing, people just want

to be entertained. If you're not up there having fun, then how can anybody else who is watching you have fun?"

Rowland says she's looking for fun, but doesn't let that cloud her judgement.

"I've turned someone down because they had a wonderful look and they sounded awful. I don't want them to come into this competition thinking they can get on by their looks. It's more than that."

MAJA LUNDAGER PEDERSEN, MWN



Kelly Rowland knows how brutal the music biz can be. THE ASSOCIATED PRESS



Jessica Timberlake

I'm bringing tradition back: Jessica takes on the Timberlake name

Get used to saying "Jessica Timberlake," as Jessica Biel has officially changed her name nearly one year after marrying Justin Timberlake. "It's official. The paperwork is done and she's now legally Jessica Timberlake,"

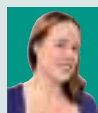
a source confirms to Life & Style. The actress will still use her maiden name for professional purposes, though, so don't expect to see Jessica Timberlake on any movie posters anytime soon.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spears heads to the strip for a six-figure-a-day salary



THE WORD
Dorothy Robinson
scene@metronews.ca

Britney Spears has signed a two-year contract with Planet Hollywood Las Vegas to be the headliner of a "cool, hip club-like show," per producers. Her pay out is a cool \$310,000 per show with the starlet performing 48 shows a year.

The final pay out will be around \$15 million a year, per TMZ.com. In May, Spears



talked to Shape about how she is training for the gig. "I'm doing 90 minutes of yoga twice a week in addition to a lot of cardio — hour-long sessions three times a week with my trainer, Tony Martinez," she said. "The (Vegas) performances won't be simple — they'll be a massive party from start to finish. And to pull this off, I have to be in top condition and running at full speed."

Jen says Ben is handling hecklers like a superhero

Complain all you want about Ben Affleck being cast as the next Batman, he can take it. In fact, to hear his wife, Jennifer Garner, tell it, the couple likes to laugh at some of the more outrageous on-line reactions to the news — or at least she does. "I'll send him stuff and I'll say, 'Come on, this is a good one,'" Garner tells Metro World News. As for sparing Affleck's feelings, Garner says not to worry about it. "Look, he's a grown-up, he's been around a long time. He's a pretty tough guy. You don't take one of these jobs expecting anything else," she says.



Jennifer Garner and Ben Affleck

Twitter



@AlbertBrooks
How can we attack Syria without giving Dennis Rodman a chance?



@pattonoswalt
Did Elton John ever rate any of the other nights in terms of fighting? Thursday? Alright? So-so?

They can stop, and they might stop



Miley Cyrus. ALL PHOTOS GETTY IMAGES

Miley Cyrus unfollowing Liam Hemsworth on Twitter was apparently just the beginning, as the engaged couple are reportedly "on a break" and have put their wedding plans on hold, according to Radar Online. "They've split for now," a source says. "Miley and Liam have a very tumultuous relationship and both are exhausted. It's a complicated relationship. The wedding is on hold for now. It's not cancelled, but it doesn't look promising."



Jaden Smith

What would Uncle Phil say? Jaden takes serious jab at school system

Jaden Smith has some novel ideas about education reform. The 15-year-old son of Will and Jada Pinkett Smith took to Twitter for a serious of pontifications about youth and society. "School is the tool to brainwash the youth," he wrote. "If newborn babies could speak they'd be the most intelligent beings on the planet. If everybody

in the world dropped out of school we would have a much more intelligent society."

Jaden, for his part, reportedly has been home-schooled since earlier this year when the New Village Leadership Academy — founded in 2008 by his parents with an allegedly Scientology-influenced curriculum — was shut down.

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Ray-Ban Aviators are the most common polarized lens. CONTRIBUTED



Dolce & Gabbana with gradient polar lenses. CONTRIBUTED

It's time to upgrade to polarized sunglasses

End of summer. Just because the weather is getting cooler doesn't mean you don't still have to be concerned about your eye care

JULIE KAYZERMAN
Metro World News

With light constantly reflecting off of surfaces like water or cars, regular sunglasses just aren't enough to protect our eyes from harmful bouncing UV rays.

The good news is polarized lenses can block light from getting into your eyes and keep you looking younger.

"The huge benefit is that it does reduce that glare,"

McCabe's Picks

For your first pair of polarized frames, Kristen McCabe, vice-president of product at Sunglass Hut recommends a classic like the Ray-Ban aviators.

- Quote.** "It's such a great versatile shape that's appropriate for every occasion, so that's a real investment piece that you can wear for years."

says Kristen McCabe, vice-president of product at Sunglass Hut.

"If you don't have polarized lenses, even if (your shades are) tinted, the light will still pass through. So when the light is getting

- Dolce & Gabbana with gradient polar lenses.** "Gradient lenses are just a little bit softer, more feminine looking."

- Prada with oversized gradient polar lenses.** "It's an oversize, kind of edgy oval look (offering) that iconic Prada logo."

into your retina, you squint, which can create premature wrinkles. Polarized lenses not only help you see better, but over time they help you look better, too."

What is polarization?

What is polarization?

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

Kristen McCabe
Vice-president of product at Sunglass Hut.

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

How do they work?

"Polarized glasses have special lenses that deflect sun, allowing for a reduction in glare and increased visibility."

Elisha Dacey

Half Off check-in: A bump in the road

Two weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert.

Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

There have been a few recent bumps ("all part of life," says Dacey) including gallbladder surgery, her daughter starting school and an upcoming move into a new house.

"But I'm determined not to go off course," she says. "I'm trying really hard."

While her home exercise program is on hold, there are still ways to be active.

"In fact, the surgery was a good life event to learn how to prepare knowing that she's not going to be able to lift weights," says Cieciwa.

With the doctor's OK, he wants her to do a 30-minute walk twice a day.

"Depending on weather and fatigue, that's my target and I've walked every day since the surgery," says Dacey.

For other healthy ways to get unstuck, visit metronews.ca/voices/half-off.

For those following along at home, don't stop doing the home exercise program. A downloadable version can be found at the above link.

YIVA VAN BUIREIN/ FOR METRO

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Not all sneezes are created equal: the difference between colds and flus

Seasonal health.

Influenza and the cold are often mistaken for the same thing but they have very different symptoms

Many people confuse the flu with a bad cold — so what's the difference and how do you properly treat it?

In some ways they are similar. Both influenza, commonly referred to as "the flu," and the common cold are viral respiratory infections, affecting the nose, throat and lungs.

They are spread from person to person through airborne droplets that are sneezed or coughed up by an infected person.

In other cases, the viruses can be spread when a person



Get educated about cold and flu symptoms. NEWS CANADA

touches an infected surface and then touches their nose, mouth or eyes.

This is the reason why

these illnesses are most easily spread in crowded conditions such as schools or the workplace.

But the flu and a common cold usually have different symptoms, and are associated with different complications.

Quotable

"Influenza is associated with more serious complications when compared with the common cold. It can lead to pneumonia or respiratory failure and can potentially be life threatening."

Bowen Chen
Target Pharmacist

"Influenza is associated with more serious complications when compared with the common cold," says Bowen Chen, Target Pharmacist. "It can lead to pneumonia or respiratory failure and can potentially be life threatening, so it has to be taken very seriously — this is especially relevant in at-risk

populations such as the elderly or very young children."

In terms of symptoms, the flu is usually associated with a high fever, headaches and aches and pains.

Although a stuffy nose, sneezing and sore throat can occur with both illnesses, these symptoms are more common in colds.

There are a variety of prescription and non-prescription medications that are useful for relieving symptoms and for controlling pain.

Consult your pharmacist or health-care professional to determine which medication is the right one for you.

Antibiotics are not effective for the flu or a cold unless a bacterial infection develops. Antiviral medications may be helpful in reducing the duration of your flu, but they must be taken within 48 hours of developing symptoms. NEWS CANADA

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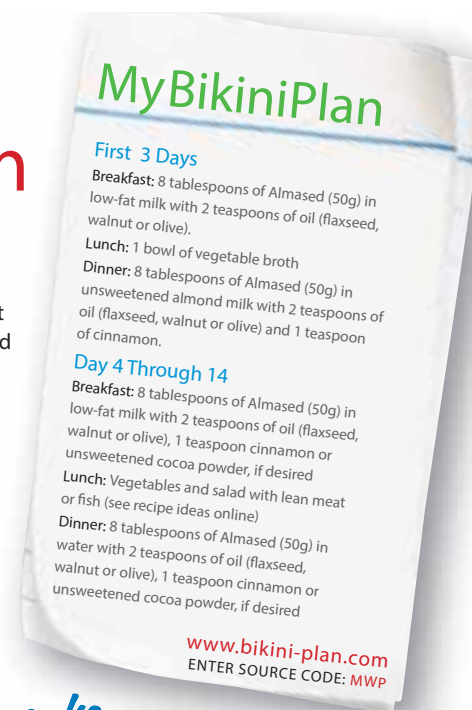
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Many important questions are answered. For example: Do you have a will? An insurance policy? Where is your safety deposit box? This will also be a treasured keepsake that you will leave behind for your family. What was your favourite colour? Best childhood memory?

You can write a message to your family and friends and even write your own obituary. This book was designed and published by Voyage Funeral Home to allow you to speak to your family and guide them long after you have passed on. Your personal message to family and friends will never be forgotten.

As a funeral home, the company is entrusted with thousands of deaths. Each question or comment has been placed in this book to help you express your feelings and document important information that will be helpful to your family at the necessary time.

The funeral directors can put your wishes on paper to prearrange your funeral. Whether you want simple cremation or a traditional burial you can document exactly what your final wishes are. Once your funeral is preplanned with Voyage, the price never changes — it is locked in at today's price.

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Losing someone you love is one of the most painful and stressful times of



Mike Vogiatzakis



XXXXPHOTO-CREDITXXXX

your life. Preplanning takes away the added stress of your family having to make difficult decisions — allowing them instead, to grieve and comfort each other. Advanced planning relieves the emotional stress and the financial burden a funeral can cause.

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tional grief of engaging emergency services. By making advance arrangements with the palliative care program and the family doctor, Voyage would be provided with a letter of an anticipated home death from the medical examiner's office or the regional health authority. This letter gives Voyage Funeral Home the legal permission to come to your home to take your loved one, instead of calling 911. This service is available 24 hours a day.

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If you are collecting social assistance and pass away, social assistance will pay for your funeral. The cost of cremation, cremation with a memorial service or a full traditional burial including the casket or urn and cemetery property is paid through social services.

Voyage Funeral Home is family owned and operated. Each family that Voyage serves becomes the focus of its commitment to excellence in funeral service. Its vision incorporates tradition, compassion, cultural sensitivity, and cost options to meet the needs of every family.

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ISTOCKPHOTO/THINKSTOCK

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Funerals are not a pleasant subject to contemplate and are often stressful and expensive events. Planning a funeral in advance can alleviate some stress on remaining family and friends.

The death of a loved one is always stressful. Fortunately, preplanning is something you can do now to help your family. Preplanning helps to answer questions like: Did she want a traditional funeral with burial? Didn't he say he wanted to be cremated? Should we have the service at the funeral home or our church? What music should be played?

Often, family members and friends are unsure of the answers and worry about making poor choices. Preplanning can help your family make better choices and significantly reduce the difficult decisions that traditionally confront loved ones at a time of loss.

"Thinking ahead can help you make informed and thoughtful decisions about funeral arrangements," says the Federal Trade Commission. "It allows you to choose the specific items you want and need and compare the prices offered by several funeral providers."



CONTRIBUTED

Preplanning can also be done at your convenience, allowing you to make informed decisions. Preplanning can help

protect you from inflation by securing today's prices for goods and services. For your family, preplanning allows

them to spend their time supporting one another, sharing memories and celebrating the life that you lived. It lifts the burden of decision-making from their shoulders.

One of the best ways to preplan may be to sit down and put your thoughts in writing. The Personal Planning Guide offered by Dignity Memorial® providers is clear, concise, easy to complete and offered free of charge. This guide is a "fill-in-the-blank" final arrangement planner that takes you, step by step, through the recording of your wishes.

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Creamy soup without cream or butter? Thank us later



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This great tasting Asparagus and Leek Soup doesn't use butter or cream. The potato adds the creamy texture without the fat and calories.

1. Trim asparagus; cut stalks into pieces and set tips aside.
2. In nonstick saucepan, heat oil; sauté garlic, onion, leeks and asparagus stalks until softened, approx. 10 minutes.
3. Add stock and potato; re-

Per serving

98 calories, 6 g protein, 3 g fat, 13 g carbohydrates

duce heat, cover and simmer for 20 to 25 minutes or until vegetables are tender. Purée in food processor until smooth. Taste and adjust seasoning with salt and pepper. Return to saucepan.

4. Steam or microwave reserved asparagus tips just until tender; add to soup. Serve sprinkled with Parmesan cheese.

ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY: ROSE REISMAN

Ingredients

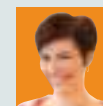
- 3/4 lb asparagus
- 1 1/2 tsp vegetable oil
- 1 tsp crushed garlic
- 1 cup chopped onion
- 2 leeks, sliced
- 3 1/2 cups chicken stock
- 1 cup diced peeled potato
- Salt and pepper
- 3 tbsp grated Parmesan cheese



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Health Solutions

Shoots, sprouts and leaves



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Remember when alfalfa sprouts were the stuff of hippies and all the rage? Talk to Roy and Ginny Stewart Love of Roy's Acres Farm in Grey Highlands in Ontario and they will tell you micro greens are the new "sprouts".

Micro greens are actually grown in soil so the downside and danger of the anaerobic E. coli and salmonella of sprouts started in a closed container can't happen. These babies are simply the beginnings of the whole vegetable.

Loaded with four to six times more nutrients than the full vegetable, trays of peas and beet greens are often used as decor before being snipped into salads and sandwiches.

You will never

find a fresher, more nutrient dense vegetable than one that was snipped seconds before it landed on your tongue.

What to look for in micro greens:

- Can't buy these artisanal treats at the grocery store? You will have more luck at small markets, 100 mile markets and farmers markets.
- Aim for fresh, bright, perky leaves throughout.
- Try varieties like: popcorn shoot, various mustards, purple kohlrabi, kale, chervil, cilantro, radish, arugula shoots, flax microshoots, fenugreek sprouts and the all familiar wheatgrass.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Top 5 kids' albums that won't make your ears bleed

Reasons Mommy Drinks. Set fire to that Mickey Mouse Clubhouse album and turn to these 5 gems of musical genius

Real talk. Most children's albums were designed to make parents curl up into a hole and die.

Saccharine and repetitive, they also contain subliminal messaging that instruct children to "cry, scream and throw things in moving vehicles unless you play said album on repeat at loud volumes."

Don't worry, we've culled the hit list down to five albums you might even, gasp, enjoy.

So set fire to that Mickey Mouse Clubhouse CD and hit up iTunes for these gems of jammin' genius.

1. For the Kids.

A three-album compilation by various adult artists, including Canuck crooners Sarah Harmer, The Barenaked Ladies, Sarah McLachlan and Canada's pre-Chavril pop sweethearts Chantal Kreviazuk and Raine Maida. Hooray for Can-Con! Bonus: A portion of the proceeds go to charity. How can you NOT check it out?

2. Jack Johnson Curious George Soundtrack.

It's mellow, catchy and will bring you back to Birkenstock-wearing summers of times past. Chillax, kids.

3. They Might Be Giants No!

Tracks like Robot Parade may actually have you singing along. Ironic and random, kids won't get the level of humour mommy and daddy will take from it.

4. Various rad artists, Schoolhouse Rock Rocks.

Dropped in the mid-'90's, bands like Blind Melon and Moby sing old school hits like Three is a Magic Number. Yeah, it is now.

5. Bob Marley Greatest Hits.

Apparently reggae has the same RPMs as a heartbeat and children, especially babies, find it very soothing. Pass the iPod on the left hand side.

FOLLOW AUTHORS LYRANDA MARTIN EVANS AND FIONA STEVENSON @MOMMYREASONS AND PICK UP THEIR NEW BOOK, REASONS MOMMY DRINKS, IN BOOKSTORES NOW.



Not all children's music will make you want to curl up into a hole and die. ISTOCK



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WORKING TOWARDS COMMON GOAL AT PACE

Lisa Carr knew she was the right person for the job when a new position in IT became available at her workplace. But the only thing that was standing in her way was the paperwork.

The new job Carr wanted required her to have either a diploma or certificate, so she did the research and found the right program at the University of Winnipeg PACE that would help her get where she was wanted to go.

So she buckled down and got to work in the business systems analyst diploma program.

"The instructors at PACE were incredible," Carr says. "If you didn't understand something, they really took the time to help you."

Turns out that means in the classroom and out.

"Sometimes we even found ourselves on Skype over the weekend," Carr says.

She also found that instead of a competitive atmosphere amongst the students, her classmates were her biggest supporters.

"We were all working towards a common goal," Carr says. "They were such a positive, really good group of people that we get together even now."

For more information about the business systems analyst diploma program, or for a full list of the programs available at PACE, visit pace.uwinnipegcourses.ca.



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Still accepting students for Fall Term



TAKE CHARGE DURING AN EMERGENCY

Emergency services communicators are people helping people during times of emergencies. They are highly skilled individuals who are responsible for ensuring the right assistance is provided during emergencies. The Northwest Law Enforcement Academy can teach you the necessary skills for a challenging and rewarding career as an emergency services communicator.

The academy's programs cover topics such as effective questioning, health and stress management, cross-cultural communications, active listening, basics of emergency call processing including role playing, technology, legal and regulatory influences, basic keyboarding and multi-tasking.

To be eligible for the program you must be at least 18 years of age, have Grade 12 or equivalent, be able to type a minimum of 25 words per minute accurately and be able to pass a criminal record check.

Classes are held Tuesday and Thursday evenings and Saturday for a half-day. The



PRESSMASTER/COLOURBOX

next class commences Oct. 15. The entire course is 39 hours in duration, and you must complete all 39 hours in order to pass the course.

To schedule your pre-enrolment interview, call 204-953-8300 or fill out an application from the Northwest Law Enforcement website (northwestlaw.ca). Interviews are being conducted now for the October class and enrollment is limited.

If you have been thinking about a career change or starting a new career this may be the program for you.



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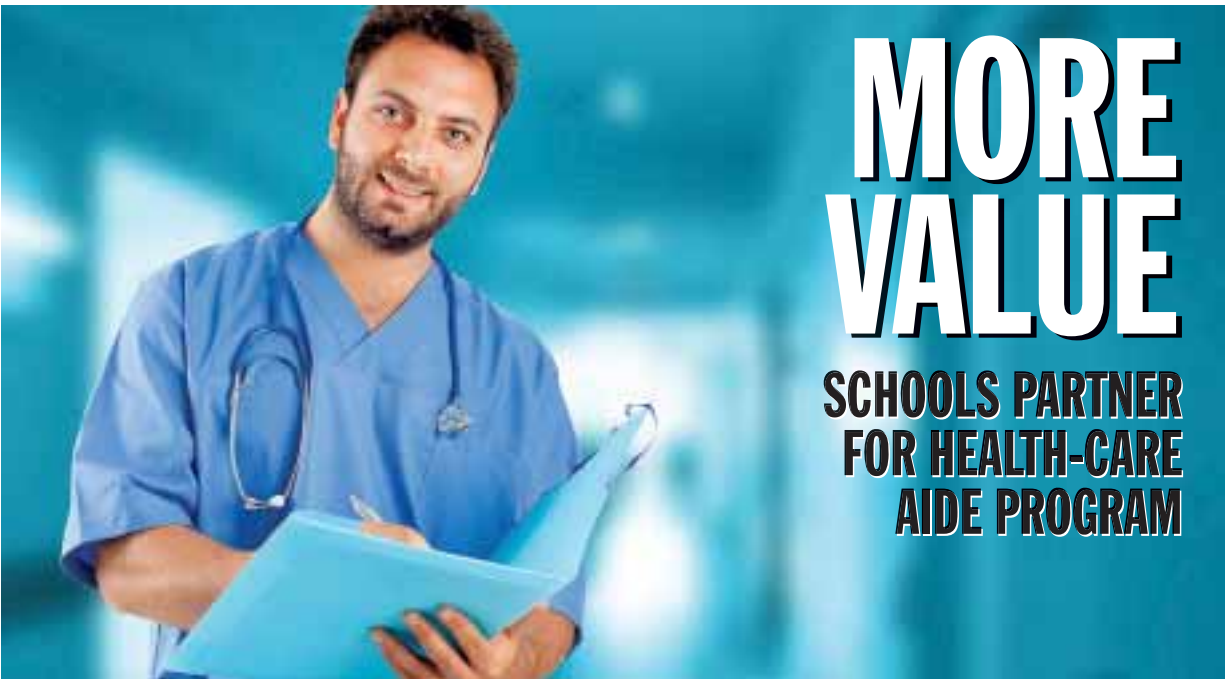
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MORE VALUE

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mature student diploma.

"Students can get twice the value for your education dollars," says states Chantal Simard, manager of corporate and continuous learning, Winnipeg Technical College. "Not only will this course result in a certificate, the credits earned may also be applied toward a Grade 12 mature student diploma."

The health-care aide program provides learners with the knowledge and skills necessary to provide a safe and competent standard of holistic care to hospital patients, personal care home residents, and home care clients. The program content prepares learners to function as first-line care providers. Graduates are part of a multidisciplinary health-care team working under the direction and supervision of nursing personnel.

Current immunization documentation and CPR basic rescuer certificates are mandatory to qualify for the work practicum placement in a health-care facility. As well, the unique nature of this program requires a criminal record check and child abuse registry check in order to qualify for a work practicum placement in a clinical setting.

For more on this or any other Winnipeg Technical College program, please visit wtc.mb.ca or call 204-989-6500.

Did you miss the college registration dates for September learning opportunities? Don't worry since the next opportunity is just around the corner.

Winnipeg Technical College and CrossRoads Learning Centre have partnered to introduce a new health-care aide program, starting Jan. 13, 2014. As part-

ner organizations, they share a common goal of providing a caring and supportive learning environment that encourages students as they strive to meet their educational goals. The new program will run out of the CrossRoads Learning Centre location of Unit H-2211 McPhillips St., making it easily accessible for those liv-

ing in the north end of the city.

This five-month certificate program consists of six courses offered by WTC at CrossRoads Learning Centre. The program will be offered in a flexible format to support adult learners. The credits earned in the program may be applied toward the requirements of a Manitoba

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WINNIPEG TECHNICAL COLLEGE 

KNOW YOURSELF TO LEARN ABOUT OTHERS

FIND OUT HOW AT RED RIVER COLLEGE

It may be hard to understand someone else's journey or struggles until you have had a look at your own. But the Red River College applied counselling program can teach you just that.

"The beauty of this program is its ability to invite students to examine their own journeys so as to clarify personal values and not impose them on clients, to find ways to care for their own needs and to be able to separate their stories from those of the client," says Gail Mireau, program manager.

"The perspective is from the individual, from the family and how the individual is a part of society."

This program teaches basic skills of helping others — from addictions to teen crisis, from abuse to issues around poverty.

Students learn the art of listening without judgment, addressing potential conflicts in values and how to empower the client.

They also learn how to build empathy into the helping session.

"Our program attracts students of all ages, from 18 to 65, from all walks of life and from diverse educational backgrounds including university degrees," Mireau says. "We try and help students find a niche in their desired field of work, providing services they will enjoy and where their skills will fit the need in the workplace."

As students learn the textbook theories, they make personal applications and gain self-awareness on their own learning curve before they practise their new skills with other students in class, and, ultimately, at their practicum site.

This program concentrates on offering students practical experiential learning.

Graduates enter many different fields,



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such as education, justice, corrections, mental health, social services, government and non-profits.

For more information about the applied counselling program at Red River College, visit rrb.mb.ca.



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TUNE IN FOR A UNIQUE AND FUN CAREER

GET ON THE AIR WITH PROGRAM AT HERZING COLLEGE

For those who have dreamed about being the one who brings people their morning news, the voice on the radio who entertains people on the drive home, or even the person behind the scenes of their favourite radio or TV show, the radio and television broadcaster program at Herzing College can provide the training needed to get you started into this ever-changing industry.

"This program is a chance to train to perform one of the most unique and fun jobs in the world," says Brad James, broadcast instructor with The Academy of Broadcasting Corporation, a division of Herzing College.

"There are many more TV and radio stations on the air now than 25 years ago, and with baby boomers getting set to retire in the next two to five years, opportunities will be everywhere."

This nine-month program will train



DMITRI MARUTA/COLOURBOX

students in the areas of media and video production, broadcast news writing and copywriting, broadcast sales, marketing and much more. The program also features

a 100-hour practicum component, giving students a chance to experience the industry first-hand.

"Students graduate by completing a

practicum at a TV or radio station, giving them the chance to rub shoulders with people in the broadcast business," James says.

"A lot of our graduates get hired this way if they meet or exceed expectations."

Graduates work at virtually every radio and TV station in Winnipeg.

Many are the people you have come to rely on for your information and entertainment, including Phil Aubry from 92 CITI FM's Wheeler in the Morning with Philly and Rena, Vicki Shaye from the Power 97 Morning Show, JD Francis from the Energy 106 Drive Show, Jordan Knight of Virgin 103.1, and Winnipeg's spunkiest weather specialist, Terri Apostle from CTV Morning Live.

The next intake begins on Sept. 23.

Herzing Winnipeg has been a leader in specialized career training in Winnipeg for more than four decades, and offers programs in the business, health-care, legal and technology fields.

For more, visit herzing.ca/winnipeg, follow the school on Facebook at [facebook.com/herzingwinnipeg](https://www.facebook.com/herzingwinnipeg), or Twitter at twitter.com/herzingwinnipeg.

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NUMBER OF REASONS TO ENROL IN PATAL

Patal's staff and student body are working on 100 reasons why you should attend Patal.

The No. 1 reason that everyone agrees on is that you get to hang out with Fred. As the "instructor extraordinaire," Fred says it's not always about teaching the curriculum, but about building capacity in a student so they achieve self-sufficiency and belief in themselves.

When you bring your computer to Patal to be fixed, you are contributing

to someone developing a work ethic, responsibility, pride, a practical real-life experience, and a sense of accomplishment and purpose.

When Patal caters an event, the culinary arts and baking students can hear the murmurs of contentment and expressions of how divine the goodies and food are. That allows Patal's students to experience success, which, in turn, builds confidence and pride in their workmanship.

Patal's culinary arts program is located

at the Madison Lodge, which is owned by the Siloam Mission. The Madison Lodge offers and instills hope for formerly homeless individuals.

Patal's culinary arts program is there for the same reasons — practical, real-life experience in preparing meals, menu planning, and other duties that go along with the industry. But equally important are the benefits of pride, being part of something that is important, and developing a social conscience along with a work ethic.



LOVLEAH/COLOURBOX



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BECOME A CERTIFIED HCA AT ROBERTSON

The health-care aide challenge (HCAC) program is an excellent opportunity for foreign trained nurses to gain the skills and experience in the Canadian health-care system while they are waiting for their nursing credentials to be processed in Manitoba.

"The potential need for health-care aides is growing and will continue to grow, especially in the home-care sector," says Amanda Young, faculty head of health, Robertson College, Winnipeg

campus. "The HCAC allows individuals the opportunity to become a certified HCA while still being able to maintain their employment."

The health-care aide challenge program is divided into two different programs. It is either a 12- or 13-week program designed to allow the opportunity for either individuals working as uncertified HCA's with more than 1,200 hours in the past two years, or foreign-trained nurses to become certified health-care aides.

The 13-week program consists of an industry practicum.

And starting Nov. 4, Robertson College will be offering the HCA program for those looking to maintain their current employment and family schedules. This program will consist of 20 hours per week for 19 weeks, instead of the previous 12 hours per week for 30 weeks. This means students will be job ready much earlier than before.

For more, visit robertsoncollege.com.

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EXPLORE MASSAGE THERAPY AT WELLINGTON

Just like any profession, massage therapists must stay up-to-date with the industry's best practices and techniques.

Through Wellington College's continuing education, there are a number of courses to help you fulfil these industry requirements.

Not only are these courses a convenient way to fill a requirement, but also a chance to explore aspects of massage that may be new or interesting.

"It is really up to the individual — whatever avenue they are interested in they could take," says Brie-Ann Timings, public relations, workshop co-ordinator, Wellington College.

These different continued education courses are offered to both alumni and massage therapists and professionals who are not alumni from Wellington.

Although the more specialized courses, such as fascial integration and cranial therapy, are not open to the public, Wellington will offer an intro to massage therapy course in February.

"This workshop is great for those who want to learn to give a great massage to friends and family or for those who are



COLOURBOX

looking to pursue massage therapy as a career, but would like to try it out before they apply," Timings says.

For those who choose to pursue an education in massage therapy, Wellington College offers remedial massage therapy on a full-time basis, or basic remedial massage, and advanced remedial massage therapy offered through distance learning.

The two-year, full-time program offers students a chance to immerse themselves in their education. Applications are open for the August 2014 intake.

By the end of the program, students will have completed 2,550 hours of training, exceeding the amount of hours required for entrance into most massage associations.

Applications are also open for the June

2014 part-time program.

To find out if Wellington College is right for you, attend one of the monthly information sessions. To attend an information session or book a tour of the facility, contact info@wellingtoncollege.com or call 204-957-2402.

For more information about Wellington College, visit wellingtoncollege.com.



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How smartphones are changing the way Canadians go shopping

Rise of mobility.

Today consumers compare prices, make reservations and interact online — over their mobile device

A recent study by market research company eMarketer revealed that more than 10 million Canadians were smartphone owners in 2012.

Mobile devices are eating into personal computing in a big way, and experts predict that by 2014 more local searches will come from smartphones than any other computing device, drastically changing the way people shop and locate information.

Digitization has become a

Not just a number

“Through interactive mobile sites and search applications, shoppers have easy access to reviews and opinions, meaning every customer experience counts.”

Matthieu Houle, director of digital consumer experiences for Yellow Pages Group

societal issue for small businesses and consumers alike.

“Today, people compare prices, make reservations and interact online to make sure they are getting the biggest bang for their buck and share their shopping experience,” says Matthieu Houle, director of digital consumer experiences for Yellow Pages Group.

Tools such as mobile analytics allow businesses to learn from every interaction and predict where, when and how people are most likely to make their next purchase.

A mobile environment allows consumers to connect with the brand. That’s why a creative and simple design is key. At the very least, a mobile site that stems from a business’s main web page is mandatory. With a site that’s optimized for mobile, customers can access a business’s important contact information from anywhere.

“Mobile applications, which an increasing number of people are using to optimize their search, take the experience one step further,” says Houle.

“Businesses can also optimize their offerings thanks to contextual information or personalization based on data taken from past experiences and individual preferences. For instance, if it rains,



Experts predict by 2014 more local searches will come from smartphones than any other computing device. ISTOCK

maybe your local store runs a mobile campaign offering a special on umbrellas helping match their services with current needs.”

As people continue to use an ever-increasing number of devices to get online, digital marketing companies are offering more and more multi-

device marketing solutions and are making these options accessible for small businesses.

Local organizations, for which every dollar counts,

greatly benefit from these kinds of marketing tools, which help them stand out from the competition and attract customers. **NEWS CANADA**

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Jets goaltenders score vote of confidence from coach

Between the pipes.

Like the rest of the team, Pavelec and Montoya must improve to reach playoffs: Noel

Ondrej Pavelec of the Winnipeg Jets isn't on ESPN's list of top 25 NHL goaltenders and, given his numbers last season, his coach isn't surprised.

"Players get ranked a lot of times according to numbers and I think it's probably fair," Claude Noel said Monday at training camp.

Pavelec, a workhorse who played in a league-high 44 games last season, ranked 10th overall in wins with 21. But his save percentage of .905 ranked 51st in the NHL and his 20 losses were the second worst.

His goals-against average of 2.80 ranked him 52nd overall and he allowed a league-high 119 goals.

Noel says the Jets have to improve in many areas this season, including goaltending.

But he still says he believes they have goaltenders who can get them to the playoffs.

"I'm confident in our goaltending and I think our goaltending can help us get in the playoffs," said Noel. "We're going to have to play a good team game and our goalies are going to have to do their part."

"That's part of the solution. Your players have to check better. You have to do some things, we have to do some things better from the previous two years to get in the playoffs and goaltending's also going to have to pick up a little

bit more."

The Jets showed their confidence in Pavelec last season when they signed the Czech native to a new five-year, \$19.5-million deal.

His numbers aren't just a reflection of Pavelec's efforts in goal.

In fact, he got a lot of credit from his coach and teammates last season for keeping the Jets in games when not much else was working.

There were also times when he could have used a little more help in front of the net. He was second only to Buffalo's Ryan Miller in the number of shots faced at 1,251.

Training camp is a time when a lot of players get ice time who likely won't see much, if any, action with the Jets this season. That has included goaltenders.

But that should start to change Tuesday night when the Edmonton Oilers visit, as the focus in goal at last turns to Pavelec and perhaps backup Al Montoya as well.

"The important thing for us is to get the two goalies that we have prepared to play and that's going to be the biggest thing moving forward here with these next exhibition games," said Noel, although he refused to go into more detail. **THE CANADIAN PRESS**

Quoted

"It's time to make it. I think we have the team to make it. We just have to stop talking about it and just make it."

Ondrej Pavelec, on the Jets advancing to the playoffs.



Jets goaltender Ondrej Pavelec played in a league-high 44 games last season and ranked 51st in the league with a save percentage of .905. **JOHN WOODS/THE CANADIAN PRESS**

Tim Thomas. Two-time Vezina Trophy winner trying out with the Panthers



Tim Thomas will try to revive his NHL career with the Panthers.

THE ASSOCIATED PRESS FILE

Tim Thomas wanted back in the NHL. The Florida Panthers wanted goaltending help.

It might be a perfect match.

The two-time Vezina Trophy winner agreed to a try-out deal with the Panthers on Monday, nearly a year and a half removed from his last game in the NHL. Thomas will be on the ice with Florida for practice Tuesday, and Panthers general manager Dale Tallon said his talks with the star of Boston's run to the 2011 Stan-

ley Cup convinced him that the move was right.

"He really wants to play and he really wants to lead and he really wants to be the starter and he wants to win and he wants to win now," Tallon said Monday while the Panthers faced Nashville in a pre-season doubleheader. "I was very impressed with him. His attitude is terrific. I liked everything that he had to say and I liked his approach."

THE ASSOCIATED PRESS

Malcolm escapes middle

Younger Subban, Bruins double up P.K., Canadiens

Jarome Iginla's second goal of the game broke a tie and led the Boston Bruins to a 6-3 win over Montreal that gave goalie Malcolm Subban the win over his brother P.K. in NHL pre-season action Monday night.

Nick Johnson, with two, David Krejci and Zach Trotman also scored for Boston. **THE CANADIAN PRESS**

Journeyman steals show

Leafs' MacIntyre the star in Flyers' win

Jonathan Bernier had the spotlight, but Drew MacIntyre was the goaltender who got Toronto Maple Leafs fans buzzing.

The journeyman managed to infuse some energy into Air Canada Centre during an otherwise listless pre-season opener against Philadelphia, making a handful of notable saves. The Flyers won 3-2 in a seven-round shootout. **THE CANADIAN PRESS**

4-SPORTS



Lions quarterback Travis Lulay is hit by the Alouettes' Geoff Tisdale as he rushes for a touchdown in Vancouver on Sunday. Lulay left the game after the play with a shoulder injury. DARRYL DYCK/THE CANADIAN PRESS

Lions prepare for life without Lulay

CFL. Quarterback injured his shoulder in Sunday's win; DeMarco or Pierce could score start in tilt vs. Riders

The B.C. Lions are preparing for the possibility that quarterback Travis Lulay won't play in a key game against Saskatchewan because of a shoulder injury, but a decision on who would take the snaps in Lulay's place is still up in the air.

B.C. coach Mike Benevides said Monday the club will prepare offensive packages for backup signal-caller Thomas DeMarco and nominal No. 3 Buck Pierce.

"I'm going to get both of those guys, both Buck and Thomas, prepared right away," said Benevides at the club's practice facility.

DeMarco, a second-year

Quoted

"They do bring two unique skill sets that may help us, and should help us, win football games."

Lions coach Mike Benevides on back-up QBs Thomas DeMarco and Buck Pierce.

pro, has more knowledge of B.C.'s offensive system. But Pierce, a nine-year veteran in his second stint with the Lions after being acquired in a trade from Winnipeg last week, has more CFL experience.

Benevides said he was not ready to make a declaration on who would start if Lulay can't play. Lulay was injured on the weekend while running for a 14-yard touchdown in a 36-14 victory over the Montreal Alouettes.

Lulay was not at the practice facility while reporters were present. Benevides said the QB was getting an MRI

exam and could be examined again Tuesday. The coach hopes to be clear on Lulay's status by Wednesday, when the Lions return to practice.

"On Wednesday, I'll have a clearer idea of what I want to do," said Benevides. "We're going to get both (DeMarco and Pierce) prepared, because it's going to take both of them to win a football game."

The Lions (7-4) have a chance to gain a share of second place in the West Division when they visit the Roughriders (8-3) next Sunday in Regina.

Lulay told a Vancouver radio station Monday that his shoulder "stiffened up" overnight following the win over Montreal. He also told The Canadian Press on Sunday that he was feeling stiffness, but Benevides said a team doctor was encouraged by the range of motion that the QB's shoulder displayed following the game. **THE CANADIAN PRESS**

CFL

Latest win has Eskimos thinking about playoffs

The Edmonton Eskimos enjoyed a brief moment in the sun following just their second win of the season Saturday over Winnipeg. Then they were back on the field Monday with the realization that the victory might mean more pressure than relief.

"If we lose the rest of the season this one win means nothing," said defensive end Odell Willis. "We have a long way to go and we still have to put things together and keep climbing."

The 25-7 win snapped an eight-game losing streak and had the 2-9 Edmonton players thinking of the playoffs. After Montreal lost to the B.C. Lions on the weekend the Alouettes, third in the CFL Eastern Division, are just two wins ahead of the Eskimos in a cross-over scenario.

THE CANADIAN PRESS

PGA

Johnson's soggy victory sets up FedEx Cup splash

Zach Johnson is having a September to remember, and there's still one very big week to go.

In one tournament, he made a 25-foot birdie putt on his final hole to earn the last spot on the Presidents Cup team. In the next one, Johnson made a bunch of big putts in the final round of the rain-delayed BMW Championship for a 6-under 65 for a two-shot victory over Nick Watney.

Next up?

Johnson's win Monday at Conway Farms gave him the No. 4 seed going into the Tour Championship, giving him a clear shot at the FedEx Cup and its \$10-million prize.

THE ASSOCIATED PRESS



Zach Johnson THE ASSOCIATED PRESS

MLB. Myers, Cobb lead Rays to win over former teammate, Rangers

Rookie Wil Myers homered and had three RBIs, Alex Cobb pitched eight solid innings, and the Tampa Bay Rays took the lead for the first AL wild-card spot by beating the Texas Rangers 6-2 on Monday night.

Tampa Bay and Texas started play one-half game ahead of Cleveland, which was at Kansas City, in race for the two wild-card spots.

Myers had a second-inning solo shot and hit a two-run double during a four-run fifth. Cobb (9-3) allowed two runs, six hits, one walk and had 10 strikeouts.

Matt Garza (9-6, 3-5 with Texas) gave up six runs and eight hits over 4 1/3 innings to lose his third straight start for the Rangers, who have lost seven in a row and are 2-12 in September.

The announced crowd was just 10,724. The Rays entered with the major's lowest home attendance average of 18,747.

Tampa Bay went up 6-2 in the fifth. After James Loney and Evan Longoria both had RBI singles against Garza, Myers drove in two with a double off Jason Frasor.

Garza, who was the MVP of the 2008 AL championship



The Rays' Wil Myers watches the ball leave the yard for a home run. AL MESSERSCHMIDT/GETTY IMAGES

Happy beginnings

9

Rays starter Alex Cobb retired nine in a row, including four batters on strikeouts, to begin the game.

series when Tampa Bay beat Boston, pitched against the Rays for first time since being traded to the Chicago Cubs on Jan. 8, 2011. Texas obtained the right-hander from the Cubs on July 22.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	92	59	.609	—
Tampa Bay	82	67	.550	9
Baltimore	79	70	.530	12
New York	79	71	.527	12½
Toronto	68	81	.456	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	87	63	.580	—
Cleveland	81	68	.544	5½
Kansas City	78	71	.523	8½
Minnesota	64	84	.432	22
Chicago	58	91	.389	28½

WEST DIVISION

	W	L	Pct	GB
Oakland	88	61	.591	—
Texas	81	68	.544	7
Los Angeles	72	77	.483	16
Seattle	66	84	.440	22½
Houston	51	98	.342	37

Monday's results

Tampa Bay 6 Texas 2
Detroit 4 Seattle 2
Cincinnati at Houston
Minnesota at Chicago White Sox
Cleveland at Kansas City
L.A. Angels at Oakland

Sunday's results

Baltimore 3 Toronto 1
Minnesota 6 Tampa Bay 4
L.A. Angels 2 Houston 1
Oakland 5 Texas 1
Cleveland 7 Chicago White Sox 1
Boston 9 N.Y. Yankees 2
Detroit 3 Kansas City 2

Tuesday's games — All times Eastern

N.Y. Yankees (Pettitte 10-9) at Toronto (Dickey 12-12), 7:07 p.m.
Seattle (Mauer 4-8) at Detroit (Sanchez 14-7), 7:08 p.m.
Texas (Tejeda 4-6) at Tampa Bay (Hellickson 11-8), 7:10 p.m.
Baltimore (Feldman 5-4) at Boston (Dempster 8-9), 7:10 p.m.
Cincinnati (Leake 13-6) at Houston (Lyles 7-7), 8:10 p.m.
Minnesota (Pelfrey 5-12) at Chicago White Sox (Quintana 7-6), 8:10 p.m.
Cleveland (Kluber 9-5) at Kansas City (Ventura 0-0), 8:10 p.m.
L.A. Angels (Richards 7-6) at Oakland (Gray 3-3), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	89	60	.597	—
Washington	79	70	.530	10
Philadelphia	70	80	.467	19½
New York	67	82	.450	22
Miami	55	95	.367	34½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	87	62	.584	—
Pittsburgh	87	63	.580	½
Cincinnati	84	66	.560	3½
Milwaukee	65	83	.439	21½
Chicago	63	86	.423	24

WEST DIVISION

	W	L	Pct	GB
Los Angeles	86	63	.577	—
Arizona	75	73	.507	10½
San Diego	60	80	.463	17
San Francisco	69	81	.460	17½
Colorado	68	82	.453	18½

Monday's results

San Diego 2 Pittsburgh 0
Philadelphia 12 Miami 2
Atlanta at Washington, ppd.
Chicago Cubs at Milwaukee
St. Louis at Colorado
L.A. Dodgers at Arizona

Sunday's results

San Francisco 4 L.A. Dodgers 3
St. Louis 12 Seattle 2
San Diego 4 Atlanta 0
Arizona 8 Colorado 2
Washington 11 Philadelphia 2
N.Y. Mets 1 Miami 0 (12 inn.)
Milwaukee 6 Cincinnati 5
Pittsburgh 3 Chicago Cubs 2

Tuesday's games — All times Eastern

Atlanta (Minor 13-7) at Washington (Haren 9-13), 1:05 p.m.
San Diego (Stults 8-13) at Pittsburgh (Locke 10-5), 7:05 p.m.
Miami (Flynn 0-1) at Philadelphia (Halladay 3-4), 7:05 p.m.
Atlanta (Garcia 1-1) at Washington (Roark 6-0), 7:05 p.m.
San Francisco (Petit 3-0) at N.Y. Mets (Wheeler 7-5), 7:10 p.m.
Chicago Cubs (Samardzija 8-12) at Milwaukee (Estrada 6-4), 8:10 p.m.
St. Louis (Kelly 8-4) at Colorado (Nicasio 8-7), 8:40 p.m.
L.A. Dodgers (Greinke 14-3) at Arizona (Corbin 14-6), 9:40 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	11	7	4	0	321	288	14
Hamilton	11	5	6	0	288	303	10
Montreal	11	4	7	0	259	321	8
Winnipeg	11	2	9	0	224	333	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	11	9	2	0	346	268	18
Saskatchewan	11	8	3	0	354	258	16
B.C.	11	7	4	0	301	280	14
Edmonton	11	2	9	0	259	301	4

Sunday's result

B.C. 36 Montreal 14

Friday's game — All times Eastern

Edmonton at Winnipeg, 8 p.m.

Saturday's games

Montreal at Hamilton, 4 p.m.

Toronto at Calgary, 7:30 p.m.

Sunday, September 22

B.C. at Saskatchewan, 4:30 p.m.

NFL

Monday's result

Pittsburgh at Cincinnati

Sunday's results

Green Bay 38 Washington 20

Arizona 25 Detroit 21

Baltimore 14 Cleveland 6

Denver 41 N.Y. Giants 23

San Diego 33 Philadelphia 30

Houston 30 Tennessee 24

Atlanta 31 St. Louis 24

New Orleans 16 Tampa Bay 14

Oakland 19 Jacksonville 9

Miami 24 Indianapolis 20

Chicago 31 Minnesota 30

Seattle 29 San Francisco 3

Kansas City 17 Dallas 16

Buffalo 24 Carolina 23

MLS

Friday's game — All times Eastern

Colorado at Portland, 10 p.m.

Saturday's games

Vancouver at Montreal, 2 p.m.

Kansas City at Toronto, 4 p.m.

Chicago at Columbus, 7:30 p.m.

D.C. at New England, 7:30 p.m.

Chivas at Houston, 8:30 p.m.

San Jose at Salt Lake, 9 p.m.

Seattle at Los Angeles, 10:30 p.m.

Sunday, September 22

Dallas at New York, 5 p.m.

Horoscopes

♈ Aries

March 21 - April 20

Do whatever it takes to stay calm today because if you get angry, you will be at a disadvantage. Someone may be saying things merely to get a reaction. The best reaction is no reaction.

♉ Taurus

April 21 - May 21

You never like being told what to do but today you must listen to what a friend tells you. If you learn from their mistake, you won't make the same one.

♊ Gemini

May 22 - June 21

Think first then act decisively. With your ruler Mercury linked to action planet Mars you have what it takes to do something remarkable, something that will be remembered and talked about for many years to come.

♋ Cancer

June 22 - July 23

You may have to tell a lie to spare a friend's blushes today but make sure it is only a small one. The last thing you want is to get a rep for dishonesty. Your social standing means more than their red face.

♌ Leo

July 24 - Aug. 23

If you have a good idea today — and you will — make sure you keep it to yourself. Yes, of course, you are a generous soul by nature but if you are too generous others could get rich and famous at your expense.

♍ Virgo

Aug. 24 - Sept. 23

The best way to change a habit of some sort is to replace it with a different habit — one that is more positive. If you just try to give up on something today, it won't work. You've got to be cunning.

♎ Libra

Sept. 24 - Oct. 23

It will be all too easy over the next 24 hours to allow yourself to be diverted by things that don't matter and neglect things that do matter. Stay focused.

♏ Scorpio

Oct. 24 - Nov. 22

Someone will try to undermine your reputation today by circulating stories about you that are not true. When you find out who it is, make sure they know, and everyone knows, you are not amused.

♐ Sagittarius

Nov. 23 - Dec. 21

The latest fad or fashion may be pretty hot but is it right for you? The planets suggest you might like to give this one a miss and wait for something better to spend your time and money on.

♑ Capricorn

Dec. 22 - Jan. 20

New responsibilities have brought more work and while you are no stranger to giving one hundred per cent, it might be wise to take a break today.

♒ Aquarius

Jan. 21 - Feb. 19

Whatever your personal code of conduct may be, you must live up to it today. If you fall short in any way, your rivals will seize the chance to make you look bad. Make sure you can reach your lofty ideals.

♓ Pisces

Feb. 20 - March 20

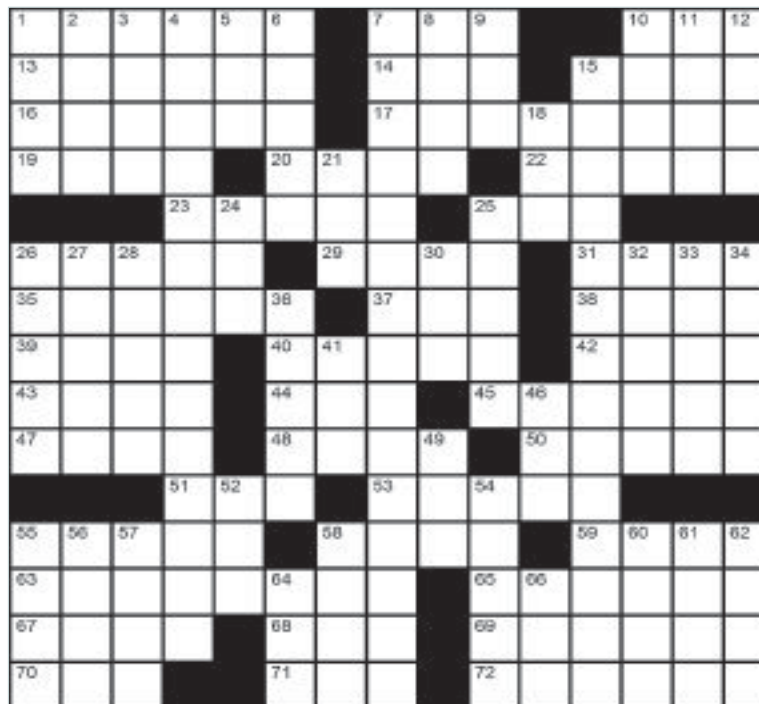
What happens today won't be wonderful exactly but neither will it be awful, so stop fearing the worst and get back into the mainstream of life. You know the old saying: You can't win it unless you're in it!

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Cold War era gig: 2 wds.
- Bouquet delivery co.
- 30-day mo.
- "I'm not alone in thinking this?": 2 wds.
- Fib
- Bug type
- Epic Records mogul, ___
- Nova Scotia town
- Mountain stat.
- Christian denomination, for short
- Joy of Cooking author, ___
- Rombauer
- "Juno" (2007) star Ms. Page
- Wheel part
- Tea party treat
- Taj Mahal's site
- 2001 Yann Martel novel, Life ___: 2 wds.
- Land promised in The Book of Exodus
- Texas tea
- "Smells Like ___ Spirit" by Nirvana
- Wholly ___ part
- Weight unit
- French singer Edith
- Beat a path
- ___ humour
- "Donnie ___" (1997)
- Bit of Justin T.'s group
- Celebes buffalo
- Fall flower
- "Oy!"



- Condo spaces
- Actress Ms. Birch
- Sprout
- Bee-ish bug
- Halved: 3 wds.
- Meteorological map line
- Tropical birds
- Back the tape up, briefly
- Composed

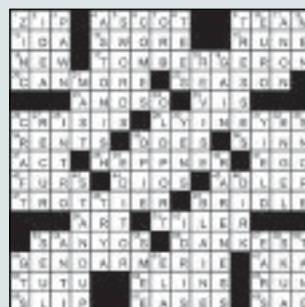
- Un-light times, for short
- Holiday ___
- British Columbia band
- Reality star Ms. Richards
- Hockey highlight
- Hockey great, Pavel ___

- CBC daytime show: 3 wds.
- Hawaiian dish
- The Alps song
- Rita MacNeil hit: 4 wds.
- Ms. Carrere's
- German article
- Grad
- "Dancing with the Stars" pro Ms.

- Murgatroyd
- Cheers!
- ___? (Sign In area message)
- "Amado ___": Song from "Gilda" (1946)
- Little legume
- Canadian dairy products brand, Gay ___
- Spy for Moses

- Robert Burns, and others
- Tote
- Beatles song: "Glass ___"
- Singer/songwriter Mr. Ocasek
- "1234" Canadian songstress
- Alberta's ___ River
- Has it ___ (Holds a grudge): 2 wds.
- "Never.": 2 wds.
- Samovar
- Mouse's friend
- Year: Spanish
- Jacob's suffix
- "If that could only be true!": 2 wds.
- National highway, commonly
- Track down
- Actress, Carre ___
- Ms. Stefani
- Son of Eve
- Rational
- Zebra, to a lion
- Prefix with 'cycle'
- Behold

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 26°
MIN: 15°



MAX: 25°
MIN: 18°



MAX: 22°
MIN: 6°



JENNA KHAN
WEATHER SPECIALIST

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- Honour a friend or loved one, or mark a special occasion. It's up to you!

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to the College -
set in stone!*

